1: Hocart Y-5 (ca. 1920) 1929 OQ6 Lau OQ6
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593 Joshua then became the head. "There was not a *turanga*," I was told, "who could achieve as much as Joshua, on account of his brothers; they served him (*nggaravi koya*), and planted a great deal, and he controlled (*lewa*) their land, their crops."

Among the common people an elder brother has some authority. When I prepared to prosecute a man of lowest grade for larceny, his elder brother offered to refund the value of the article stolen; but later withdrew his offer because his younger brother refused to obey him.

[264] A younger brother by the same mother and father is known as an "after eater" (*kana i muri*) of the older. The term comes from the fact that a younger brother does not eat until the elder one has finished. Another term is "the basket carrier" (*i thola thola in kato*). A younger brother is also said to sit by the food basket or to look after the food basket because small people (*tamata lalai*) attend to the food which is usually hung up at the lower end of the house.

Great stress is always laid in genealogies and in historical narratives on the first born. The eldest son is called the *ulumatua*, old head. He is spoken of as "sacred blood" (*ndra tambu*). A man is *kaisi* (low born) to [565] his elder brother, and *turanga* (noble) to his younger brother. Leading nobles are *mana*, that is they cause supernatural effects, only to their juniors. When the High Chief's niece put round her neck a scarf belonging to her elder brother, her neck swelled because he is the elder and she is low in comparison. He was called in to stroke her neck in order to reduce the swelling. He stroked her with his hand, and the swelling ceased. Some use the foot to touch the swelling.

595 This tremendous predominance of the elder over the younger applies
565 only to own brothers; it does not hold if they have different mothers. I was repeatedly told there was no precedence among the sons of different mothers, because nobles had so many wives that it was impossible to keep a reckoning of who came before whom. Yet stress was always laid on the first-born. The descendants of the first-born are treated with great respect. One evening I was having kava with Liwaki, the great-grandson of the second Lord of Naiau. Vola, great grandson of the third Lord of Naiau, who is "younger brother" to Liwaki, sat in a corner without joining in the conversation; I invited him to say something, but he remained silent. Liwaki took not the slightest notice of him. Vola afterwards explained that he remained silent in the presence of Liwaki or Salesi, grandson of the third Tui Naiau's eldest son, because:

> I am exceedingly glad, I may not talk in their presence; they are my elder brothers, and a younger brother only speaks if the elder addresses him; he does not mingle in the conversation. Among the low born the rule is not so strict, but if they choose to be respectful to their elder brothers they are. In the clan of Vatu

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clared that in the old days if a woman came and arranged the nobleman's bed she was reckoned to be his wife; so Kasa was set down in the clan of Vatuwangga; but his children, though their mother came from Tanggalevu, were never quoted as "home nephews." The eldest but illegitimate daughter of Uluilakemba II did not enjoy the prestige or the honors given to her younger sister, the eldest of the legitimate children. Discussing a love-match one said:

> They were not brought together by the chiefs; it was only a love affair, the children of such a marriage are not noble; they are only noble by fluke [*sic*]. According to Fijian custom they are brought together in state (*vakanamuani vakaturanga*); the offspring are then noble. Thus the High Chief was a noble youth before his birth.

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The man who impressed me as coming next to Ratu Finau, the High Chief, in importance is Salesi. Yet in the order of the precedence Tuimereke, the only surviving son of the late Lord of Naiau, was always put next to Ratu Finau, as "the little father of the other nobles." Next came Roko Malani, who is the oldest nobleman and is senior in the generation which comes next to Tuimereke. These two are spoken of as "great nobles" though described as "small nobles" in comparison with the High Chief. On the other hand, Tui Mereke's eldest brother's son's son, Salesi, speaks of Tuimereke as "quite a junior." The High Chief's nephew is positive that Salesi comes next to Finau, and says that as young boys in Mbau they were treated as equals. Only nobles are supposed to eat off wooden dishes in Mbau, and the people of Mbau objected to Salesi following this practice, but the elder sister of Thakombau, "King of Fiji," ordered that Salesi and Finau eat out of the same dish. For Salesi represents the senior branch of the second ruling house in Lakemba; he is the only man in Vatuwangga of his generation whose descent is flawless and in the male line. In short, Salesi being the senior branch is the bigger man, but Tuimereke as his "grandfather" takes precedence. Some of his importance in Lakemba is doubtless due to the fact that he is through women connected with every village in Lakemba except Wathiwathi, Vakano, Waitambu and a good deal of Lau.

Although the High Chief has an elder sister, he as High Chief eats before all others. There was much difference in the respect paid to his elder and to his younger sister; the elder seems to be in a class apart.

Polite Address

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Inferiors use the title Roko before the name of a nobleman: Andi or Yandi, before that of a gentlewoman—as Roko Malani (Sir Malani), Andi Tupou (Lady Tupou). In Moala, Roko instead of Andi is used for women.

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Serving

264 [272] [415]

Normally two meals a day are eaten; one out at work; the other on the return home. Now there is a tendency to begin the day with bread and tea sugared to a syrup. Modern dishes are much used at present, but for soup the coconut cup is retained, which differs from the kava cup in being shallow, roughly cut, and thinned down.

The family usually take meals in the kitchen, sitting in a ring. After the food is laid before all, grace is said. In the house of a noble on Sundays or when there is an honored guest, meals are eaten in the house with more ceremony; the principal personage sitting at the top; the women, as a rule, not joining. Yams and taro are brought and set before each guest; the women will sit before distinguished persons and fan the food. The fish or fowl is brought in a pot covered with a banana leaf, and set down near the door. A girl pours out a little soup in a cup and it is handed up; the guests bite their yam and sip their soup alternately, and when they want more soup they throw their cup forward to be filled again; when a guest has had enough soup he turns his cup upside down. Following the serving of the soup, the pot is emptied onto a flat wooden dish, and the fish and green, or boiled fowl is distributed. Sauce is put in coconut shells and each guest holds his with one hand and picks up his fish or yam with the other. There is little conversation; everyone is busy eating.

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When a nobleman has finished eating, a basin of water is passed up to him; as soon as he washes his hands the lesser people and all the women, including the wife, clap (*thombo*) slowly. For the Tui Naiau everyone claps and Randi Naiau is always careful to start the clapping; a lady of high rank would clap for her husband, but probably not for her son. This custom is called *yara mbenu* (to drag away the rubbish) in other parts of Fiji; I do not know the name in Lau; it is never done for Europeans.

The Lauans say:

> Our meals are well served in European style, whereas in Tonga every one gobbles up what he can, and the late comer gets nothing; each man helps himself straight from the oven and sits down anywhere to eat; they eat the fish first, then drink the soup to dispose of the fish quickly so that if anyone comes they say, "Oh! we are only drinking soup." In Fiji they scrape the coconut shells and keep them; in Tonga they pick up any shell, in which fowls may have been pecking, blow in it, rub it with their hands, and after using it throw it away. In Fiji at meals it appears who is noble, whereas in Tonga they sit anyhow and do not clap. In Tonga they eat yams only; they do not often have a relish as in Fiji. Therefore the Tongans who come to Lau and see Fijian food and houses have some respect for the Lauans.

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No control is exercised over children in the matter of food. Children eat at all hours, and as much as they like. When hungry they cry for food, sometimes up to the age of ten or more.

Parents are excessively indulgent to their children, and adults generally allow them liberties. For instance, small children are allowed to sit beside their parents in a concourse of adults and eat with them. I remember seeing only once a child beaten by its father. The idea that a child should be controlled seems wanting. A child that flies from its angry parents to some relative is not rejected. A Lauan said to me once, "We see white children how still they keep, and think they are to be pitied."

The people do not believe in educating children. Small children are said to be without minds (*tawa vakayalo*). Bigger children are watery souled (*yalo wai*). It is generally believed that it is useless to teach them anything, and that schools ought to be for big boys, almost young men. To the argument that the education of young children gives the best results in Europe, it is answered that Fijian children are quite different.

The education of Fijian children consists therefore in picking up things as they go along by example. The way in which they learn dances is characteristic: they do not join until about the sixteenth year, when they are left to muddle through. Their ignorance is therefore extraordinary and in marked contrast to the greater maturity of the children of the New Georgian group of the Solomon Islands, who, mixing freely in the conversation of their elders and sometimes conducting religious ceremonies in the absence of adults, are consequently early acquainted with many things.

The Lauan children pick up tales, but tell them most unintelligently. Much depends on the grandmother. Mosese was an exceptional boy in telling tales; the reason given for this was that he was "a boy with a grandmother" (*ngone vakatumbuna*). His grandmother, a lady, used to tell him tales heard from the nobles.

On the other hand, children pick up practical knowledge very early, because they begin to help their parents—boys, their fathers; girls, their mothers—at an early age, though at their own sweet will, more as a game at first. Gradually this develops into regular and real work till at the age of fifteen or sixteen they are enrolled among the adults as far as work is concerned. One energetic man boasted that he paid taxes at fifteen. Children thus very soon become experts on fishes and plants. When walking about, their chief interest is not the scenery but the food plants they descry. Food is indeed their chief interest, and they define everything in terms of food.

Crying is indulged in till a late age, but is more a sign of anger than of grief, especially vicious howling. Tui Tumbou thought Matuku boys

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The husband is the head of the household and his wife obeys him. Unless a person of higher rank is present, he is served first at meals and receives the best portions of food. A wife often uses the polite term *turanga* (headman) in referring to her husband or her husband's older brother.

BROTHERS, SISTERS, AND PARALLEL COUSINS

Veiwekani is the collective term for brothers and sisters, and parallel cousins of opposite sexes. In contrast to the freedom between cross cousins, a strict avoidance exists between *veiwekani*. They are *veitambui* (tabu). On Kambara intercourse of any sort is tabu between them. They avoid meeting. A man does not enter a house where his sister is except in case of necessity. He does not look at her, but lowers his eyes. If necessary he communicates with her through a third person. A woman is permitted to cook food for her brother, and a man may help to prepare the earth oven in which food for his sister is steamed. Brothers and sisters eat the evening meal with the rest of the household in the same kitchen, but they may not eat from the same plate, nor may one eat what the other has left. They are not allowed to wear each other's kilts, and a woman may not wash her brother's clothes. A man may use mats his sister has made.

Up to the age of seven or eight brother and sister sleep in the same house, but then avoidance begins and the brother moves into a men's house belonging to his clan or into the house of a relative, while his sister usually remains in the house of the parents. After a boy has been circumcised the tabus are strictly enforced.

A man's father's older brother's daughter is the most tabu and the most respected of all his *weka*. The tabu is usually more strict between first parallel cousins than between brother and sister.

The brother-sister tabu is still upheld on Kambara, although not so strictly as in the past. Today *veiwekani* sometimes converse secretly, but to do so is considered foolish (*lialia*) because the couple loses face in the village. A case of evasion of the brother-sister tabu came to my attention in Tokalau.

> A young man, aged 22, of Mbete subclan of the Vuanikathu clan had just started to build a house of his own although he had been married almost two years. He slept with his wife and child in the crowded house of his parents. Four of his sisters—aged 20, 19, 18, and 14—slept in the same house, and he talked to them. His sisters never started a conversation with him, but they answered him. Several times, when the brother and sisters were alone, the questions and answers developed into a conversation. His behavior was criticised but he was somewhat excused because he was considered slightly deficient mentally, for otherwise he would not behave so.

There is some interisland variation in the brother-sister tabu. On Fulanga it is not so strict as on Kambara. Sexual intercourse, sleeping in the same house, and eating off the same plate are tabu, but eating together is allowed and a girl may eat the food left by a younger brother or by a junior male

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PREPARATION OF FOOD

In Lau there is one main meal a day which is eaten just after sundown. Left over food is eaten cold the next morning. In general, however, the Lauan eats throughout the day whatever he can find in the bush. Sometimes a morning meal is prepared and eaten between nine and eleven o'clock. Occasionally when the men are working in the village women boil a pot of manioc for them. When they are in the garden, however, the men often prepare garden produce in an earth oven for a morning meal. A man for whom communal work is done provides a small morning feast for the workers.

Most of the activities of each day are directed toward procuring enough food for the evening meal. During the greater part of the year on most islands the evening meal consists of steamed manioc, sweet potato, or breadfruit, and greens boiled in coconut cream with or without fish. If there is no fish or meat the meal is considered poor.

From one to three closely related households within the same clan or subclan form a food group. They share a kitchen hut (kitchen huts have been introduced by the colonial government) and an earth oven, and prepare and eat their food together. Cooking arrangements may be shared by a household consisting of a man, his wife, and their children and another household of a married son, his wife, and their children. Or they may be shared by a household consisting of a man, his wife, and their children and another household consisting of the man's widowed sister and her children. (See table 1 and figure 3, K14, 15 and K19, 20.) Occasionally a single household has its own kitchen hut and earth oven (table 1; figure 3, K16, K21). Boiling was formerly done in the dwelling house on the hearth.

There is a strict sex division of labor in regard to the preparation of food in Lau, and there is a general division in the type of food prepared by each sex. Usually the men cook the food they have raised, such as garden produce, while the women cook the greens and fish they have procured. The men do the major part of the cooking including all the steaming, roasting, boiling with hot stones, preparing sweet puddings, and fermenting in salt water. The women do all the boiling in pots and fermenting by burial in the ground.

Fuel for the kitchen is gathered in the bush by the adolescent girls of each food group. The bundle of wood is strapped to the back by means of native rope. The rope is looped over the shoulder and under each arm and crossed over the bundle behind.

The cooking places of men and women are separate. The women do all their cooking in kitchen huts, usually located near the sleeping houses with which they are associated. The men use the earth ovens located on the edge of the village. The location and communal use of kitchens and earth ovens in Tokalau is shown in figure 3 (table 1). Women or uncircumcized boys are

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252 not allowed to participate in the preparation of food for the earth oven. However, in households today, where there is a shortage of adult males, uncircumcized boys and occasionally even women help.

Usually the oldest active woman in each kitchen group directs the procuring and preparation of food to be boiled. When the group includes the mothers of both husband and wife, the husband's mother takes precedence. (As shown in table 1 and figure 3, K22, 23, 24 is supervised by 118.) When the group includes the wife and the husband's sister, the wife takes precedence if she is about the same age as the husband's sister, whereas the husband's sister takes precedence if she is older than the wife. (As shown in figure 3 and table 1, K19, 20 is supervised by 91, whereas K8, 9, 11 is supervised by 35.) The activities centering around the earth oven are directed by the oldest active man in each earth-oven group. I found no native term for the supervisor of the kitchen or of the earth oven.

● 264 The evening meal is usually eaten in the kitchen hut. An eating mat is laid on the ground, food placed on it, and the group sits around it. The highest ranking man sits at the head, the men and boys seated according to rank on his right side. The women sit on his left side, and the young girls serve.

[415] Food from the earth oven is served on breadfruit or banana leaves or on plates of plaited coconut leaf. Large fish are placed on a wooden fish platter (*i sowasova ni ika*) and divided into portions according to rank. The head of the fish, the center of mana, goes to the highest ranking man. Soup is served in cups (*mbilo*) of half coconut shells. Eating is done with the fingers.

[515] After the meal a finger bowl of fresh water is passed first to the head of the group, then to the other members.

Fire Making

372 A native from the island of Kambara made fire in three minutes by the following method:

> He took a dry log of *yasiyasi*, one section (about 5 by 30 cm.) of which had been stripped of bark. He sat down and placed the log in front of him with the exposed surface on the upper side nearest him. He held a small, dry, pointed stick, 3.5 cm. in diameter and 35 cm. long, in his left hand as one holds a pencil, the right hand partly covering the left. He rubbed the pointed end along the exposed surface of the log until a groove formed in the log and wood dust collected at the end of the groove. When the wood dust began to smoke, he wound a piece of coconut reticulum into a coil and shook the smoking wood dust into the coil. He then took the coil in both hands and waved it to-and-fro until it caught fire.

For fire making (*wita*), *waro* and *nawanawa* (*Cordia subcordata*) woods are preferred. Sticks are dried and stored on the beams in the lower end of the house. Fire is transported by lighting the split end of a coconut spathe and wrapping it in pandanus.

3: Thompson E-5 (1933-1934) 1940 OQ6 Lau OQ6
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134 by extensive collecting from jungles and reefs, and by regular
222 fishing in the lagoons. Of the group, Fulanga has the least soil. The natives say this is because the first inhabitant of
[173] Fulanga was a hen. She had some chicks and when the chicks were hungry she said: "Why don't you scratch?" So they scratched and scratched and finally they scratched the bottom out of the land. The chicks are the people of Fulanga and
[103] the jagged pock-marked island is called Vanua Seu or scratched land.

773 Kambara differs from the other famine isles in that its
134 volcanic outcrop provides a limited amount of good garden land. When the great forefather god of the Kambara people arrived he looked over the whole island and saw nothing but rocks. So he thought to himself he would go to another island and steal a piece of land, for the gods love nothing better than to trick one another. He went to the islands of the Lau group, but each island was guarded by its own forefather god. Finally he arrived at Vatoa. The forefather of this island was asleep. So the forefather of Kambara dug
[823] up a piece of land. A spring gushed forth from the hole. He put the land into a basket and took it to Kambara. When he arrived he found that the people of Kambara had baked a piece of land he had previously stolen and made it useless for gardening. He was very angry and placed the land from Vatoa on the side of Kambara (instead of in the middle as on the volcanic islands). On all Kambara this is the only
[823] garden land, and when the water of the spring in Vatoa is dirty the people know yams are being planted on Kambara.

● 264 Provision for the evening meal is a daily problem requiring foresight and labor. The Lauans eat one main meal a day just after sundown when the day's work is done. The
252 main food consists of a carbohydrate (called "true food")
[262] such as manioc, sweet potato, or breadfruit gathered, prepared, and steamed in the earth oven by the men. The earth oven is a pit in the ground in which the food is placed over hot

5: Thompson E-5 (1933-1934)1949 OQ6 Lau OQ6

13 146 262 ripe coconut "cream,")[17] as well as certain indispensable vitamins and minerals found in fresh green leaves and red peppers. Furthermore, although food does not drop off the trees and rot on the ground (as it does on many Pacific islands—e.g., in Guam before the last war), the Lauan diet appears, under native conditions, to have been relatively adequate in quantity except in time of hurricane or drought.

13 262 264 462 The traditional diet of the Lauans is the result of a complicated and ingenious structure of attitudes, habits and institutions which function to develop and reinforce the basic ecology of the area according to the needs of its population, and to relate and adjust the community as a whole to the total environment. To gain some insight into this structure, let us begin with the daily menu. The Lauans eat only one main meal a day, at about sundown, and the major activities of both sexes are directed toward procuring and preparing the food for this meal. The men and boys of the household are responsible for the daily supply of "true food" for their own group and this they either raise in the household's garden land or collect from the bush. They then carefully prepare it, wrap it in leaves, place each package of food in the earth-oven pit on stones which have previously been heated, cover the whole with leaves and earth, and allow it to steam for at least an hour. The women and girls of the household, on the other hand, are responsible for the relish. They collect fresh green leaves daily—either edible leaves from the bush or sweet potato leaves from the garden. The women also collect shellfish on the reef or fish with nets in the lagoon and they clean the catch on the beach. Then, at the household kitchen huts, they pick leaves from stems, grate and strain the fatty flesh of ripe coconuts to make coconut "cream," and boil the mixture with fish and pepper in pots for at least an hour over a wood fire.

13 264 462 When both parts of the meal, the "true food" and the relish, are finally ready, they are combined and divided into shares, one for each member of the household according to rank, age and sex. Thus the two parts of the daily meal are always procured and prepared separately. Indeed, no woman is allowed near the earth-oven, which is strictly a male domain located some distance from the kitchen hut. This complementary and balanced sexual division of the rather time-consuming labor of meal-getting functions effectively toward insuring that the daily diet will be reasonably adequate, varied, and sufficient

[17] The proximate composition of "coconut cream" is: protein, 3.55%; fat, 33.15%; carbohydrate, 8.62%; calories per 100 grams, 347. (Concepcion, 1947). On this point, Emma Reh, nutrition officer, Food and Agriculture Organization of the United Nations, writes, "The protein content of 'coconut cream' is fairly high considering this is a liquid product. The protein is of good quality, like proteins of pulses, oily seeds and nuts, and superior to those of cereals, starchy roots and other vegetable foods. It is rich in most of the amino acids essential in nutrition. The fat content of the 'coconut cream' is also high, but the fat is low in the unsaturated fatty acids needed by the body. The requirements are however small, and probably met by fats contained in other foods." (Reh, 1948).

5: Thompson E-5 (1933-1934)1949 OQ6 Lau OQ6

in quantity to fulfill the needs of the group, without placing undue burden on either sex or on any one individual. The method of sharing the feast tends toward a systematic, equitable distribution of food within the household group.

Now it should be noted that, for the self-maintenance of this diet pattern, each household must have access to three types of resources: namely, garden land, bush, and fishing grounds. With this point in mind, let us glance at the system of land use in southern Lau.[18] After the British took over the Fiji Islands in 1874 and peace was established between native factions, the clan-hamlets moved out of the interior of the Lau islands and settled on adjacent lots on the windward[19] shores, forming coastal villages. But they kept their ancient land divisions and proprietary clan rights. Volcanic islands like Mothe were divided into pie-shaped sections bounded by natural ridges which separate the fertile valleys, and each clan had the use of the garden lands, uplands, and fishing grounds of the section wherein its hamlet had formerly been located. On limestone islands like Fulanga where the valley and ridge conformation is absent, land sections were not pie-shaped; but a similar principle of land division nonetheless prevailed. Formerly the bush and fishing grounds in the vicinity of each site occupied by a clan-hamlet, its jungle fruits, garden lands, and other resources belonged to the hamlet. Each household within a clan-hamlet had the use of a piece of the hamlet's garden lands and all the households of the hamlet together had access to the hamlet's bush and fishing grounds.

After the establishment of coast villages, the bush and fishing grounds belonging to the clans of a village were used in common by the whole village group, but the ancient division of garden lands by clans and households persisted. Furthermore, certain clans or villages claim ownership of one or more of the small uninhabited limestone islands in the community. For example, Naivotavota clan of Nggalinggali village on Kambara claims the island of Wangava and its members supplement the crops they raise on their meager garden lands on Kambara with those they raise on Wangava, and also use Wangava's rather extensive forest and lake products. Undu village on Kambara claims ownership of the island of Marambo and uses its resources. Indeed, all the uninhabited islands of the community are claimed and used to supplement the resources of the owning groups. Thus the land use system of Lau is closely related to the basic ecological arrangement of the area and functions to insure a balanced distribution of various types of island resources among the local groups of each island and to render accessible to each household means of obtaining a balanced daily diet.

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[18] For details *see* Thompson, 1940a, 1940b.

[19] Except Tokalau and Lomatchi located on Kambara's leeward shore near the anchorage.

10:St. Johnston G-5 (no date)1918
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eat different sort of food from us natives. That is the reason. It is well known that some evil-minded person tried thus to kill the magistrate's clerk,[1] when the British Government first came here in the times of our fathers, but it availed not. 539* 754

"The way of working it is this," he added, "though, of course, it is only what I have been told. He who wishes to perform this magic must first prepare himself in certain ways. He must keep away from the sea, and must have a small fire continually smouldering on his hearth for four days, and the flame of this must never die out during that time. He must also abstain from eating certain foods, and especially the two fish known as *matumatu* and *volo*, for should he eat of these his magic will strike back upon himself. (And here, sir, is a sure test to find out a worker of these evil deeds. For, as you know, we natives always sit round our meals together, and should we be having fish boiled up with herbs the rich broth is first of all handed round in coco-nut shell cups, and we drink this before the women turn the fish out on to the leaf plates in our midst. Now, a worker of this evil magic dare not drink the soup until he knows of what sort the fish is, so he will abstain, and make some excuse, and thus there will be great suspicion cast [264]

[1] Mr. H. L. Tripp.